

CLAIMS:

1. An improved bite guard construction for relaxing a patient's temporal muscles and relieving the strain of teeth clenching in the molar region, wherein, the construction comprises
 - a custom fit upper portion that covers a first surface area that includes the bottom and only a portion of the front of the bi-cuspid and anterior teeth on the upper arch of a patient's teeth;
 - a custom fit lower portion that covers the top and at least a portion of the front of the bicuspid and anterior teeth on the lower arch of a patient's teeth; and,
 - a bite portion which extends rearwardly in the patient's mouth and forms the operative connection between said upper and lower portions wherein, said second surface area is greater than said first surface area and only the bi-cuspid and anterior teeth of the patient are partially covered by said upper and lower portions of the construction.
2. The construction as in claim 1; wherein, the maximum thickness of said bite portion is 2 mm.
3. The construction as in claim 2; wherein, the minimum thickness of said bite portion is 1 mm.
4. The construction as in claim 1; wherein, the bite portion has an average thickness of 1-2 mm.
5. The construction as in claim 1; wherein, the top of the upper portion is substantially spaced from the gum line of the patient's upper anterior teeth.
6. The construction as in claim 5; wherein, the bottom of the lower portion is slightly spaced from the gum line of the patient's lower anterior teeth.

7. The construction as in claim 1; wherein, the bifurcated bite portion has an upper bite segment and a lower bite segment that cover the rear surfaces of the patient's bi-cuspid and anterior teeth.
8. A method of fabricating a custom fit bite guard construction for relaxing a patient's temporal muscles and relieving the strain of teeth clenching in the molar region comprising the steps of:
 - a) making a set of dental impressions of the patient's upper and lower teeth arches
 - b) fabricating two sets of models of the upper and lower teeth arches
 - c) drilling vacuum porting holes in the first set of models
 - d) in a sequential fashion, placing one half of the first set of models in a vacuum forming machine along with a sheet of thermoforming material, activating the heater in the vacuum forming machine followed by the activation of the vacuum to form the material around the selected model half to create a precise fit and removing the selected model half from the machine to cool;
 - e) repeating step d) for the other half of the first set of models;
 - f) removing the material entirely from the molar region and trimming the material up to the bicuspid area and leaving the anterior teeth from the gum line to the incisal edge intact front and back, except for the trimming line of the two centrals 1-2 mm from incisal edge sloping upwardly to the first bi-cuspid both right and left side.
 - g) installing the second set of models of the upper and lower teeth arches in a bite articulator and setting the bite registration;
 - h) placing the upper and lower portions of the untrimmed material on the corresponding areas of the second set of models installed on the bite articulator;
 - i) using articulator paper to identify high spots and remove by grinding to establish maximum contact between said upper and

lower portions while maintaining a 1-2 mm space between the molar region; and,

j) joining the contacting areas of said upper and lower portions together with a suitable bonding agent.

9. The method as in claim 8; wherein, said thermoforming material comprises clear acrylic.
10. The method as in claim 9; wherein said bonding agent comprises a cyanocrylates gel.
11. The method as in claim 10 further including the step of:
sealing the seam line at the contacting areas inside and out with a non-toxic adhesive glue using a glue gun to heat the material and injecting it into the seam area, giving it a smooth texture for the tongue and lips.